

NORTHERN

HEALTH

Wellness for Life

ONE MAN'S STORY:
Home Care and the Continuum

NEUROSCIENCES:
SPECIALTY MEDICINE

NURSING EXCELLENCE
TOP 7% NATIONALLY



 **McLaren**
NORTHERN MICHIGAN



On the Cover THE CONTINUUM AT EVERY STAGE OF CARE

- For northern Michigan resident Douglas Myers, several
- medical challenges have required specialty care and
- guidance. For patients like Mr. Myers, the McLaren
- Northern Michigan care continuum educates, treats,
- rehabilitates, comforts, and even cures patients when
- and where they need help. Read more about Myers’
- story and how this continuous flow of care seamlessly
- works on page 4.
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Behavioral Health SEEKING WELLNESS

- For families and individuals
- coping with emotional disorders,
- addictions, or problems that
- effect one’s sense of well-being and participation
- in life, Behavioral Health is available at McLaren
- Northern Michigan–Cheboygan Campus. An integrated
- treatment plan incorporates the patient’s primary
- care provider with a licensed masters of social
- work professional [LMSW] who offers therapy and
- counseling to set personal goals aimed to address
- challenges and issues. Individuals, couples, groups,
- and families are welcome. Those interested should
- ask their primary care provider for a referral.

WINTER GREETINGS:

Winter in our region brings with it a special set of opportunities and challenges. As the state's winter sports headquarters, we enjoy the slopes and the trails along with thousands of visitors; but, as the temperature plummets and the snow flies, we must also address the difficulties of staying fit and healthy for those who do not or can not exercise outdoors. Our wellness programs and support groups are especially useful during this time of year.

Also in this issue, you will learn about anti-gravity rehabilitation, a remarkable technology first developed for NASA; home care services for life's transitions; and the success of the Cheboygan Campus Emergency Department, which has proven itself an integral part of our care continuum. These programs and initiatives are representative of our ongoing Quality campaign, and we are pleased to share them with you.

Stay warm, and stay healthy.



David Zechman
PRESIDENT AND CEO OF MCLAREN NORTHERN MICHIGAN



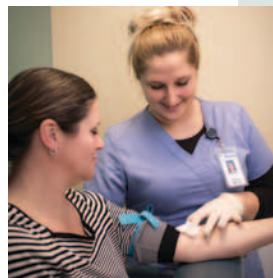
WE ARE QUALITY



Counseling and Classes DIABETES EDUCATION

Diabetes management — through dietary changes, educational and exercise programs, and medication

- requires the right information. Certified Diabetes Educators assist patients in making important and necessary lifestyle changes through counseling and classes offered in Petoskey and Cheboygan. Educators work with patients to create plans that are manageable and proactive. Significantly, research shows that patients who complete diabetes education classes experience markedly improved glucose control. Patients and families are encouraged to participate. Visit northernhealth.org for details or call (800) 248-6777.



Consistently Accurate, DIAGNOSTICALLY MEANINGFUL

Meeting needs both large or small, routine or complex, McLaren Northern

Michigan laboratories provide test result accuracy and unmatched turnaround through board-certified pathologists and technicians.

- 17 convenient northern Michigan draw stations
- Nationally accredited for high quality standards and customer focus
- Online patient access to results through myMcLarenchart.org



COVER STORY:
 Signifying completion of his last chemotherapy treatment, patient Douglas Myers rings the victory bell at Karmanos Cancer Institute at McLaren Northern Michigan.

Home Care and Its Role in the Continuum:

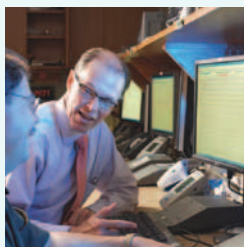
ONE MAN'S STORY

The CONTINUUM OF CARE is a phrase used by medical facilities and health systems to indicate a professional dedication to meeting the needs of the patient throughout every age and every situation. The continuum starts with the promotion of overall health and wellness and includes diagnoses, treatments, after care, and follow-through, as needed. The continuum is a mark of excellence in health care for those who choose to adopt it.

Douglas Myers has firsthand knowledge of the seamless coordination of treatment available at McLaren Northern Michigan. The Boyne City resident has experienced the breadth and depth of medical care, from serious symptoms, advanced surgery and cancer treatment, to at-home VitalCare services, all working together to provide a treatment and care plan individualized for his needs.

Douglas Myers' Journey

Every situation is unique to the individual patient, specific diagnosis, and care needs at every stage.



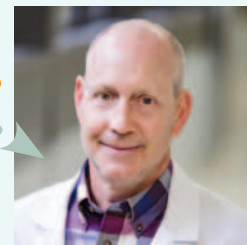
PAST HISTORY WITH MCLAREN NORTHERN MICHIGAN

- Hip Replacement Surgery with Brian Wittenberg, MD (left)
- Sleep Evaluation and Diagnosis (right)



EMERGENCY DEPARTMENT

- Pain Evaluation
- Inpatient Admittance



SURGICAL SERVICES

- David Rynbrandt, MD for Surgical Ileostomy

Myers' most-recent experience began with serious pain in his side. "I felt like I had been kicked in the side by a mule," he says. Doctors originally suspected a gallbladder problem, but, just days later, Surgeon David Rynbrandt, MD, removed a 3½-inch section of Myers' colon and performed an ileostomy, a colon bypass to accommodate an ostomy bag. Then Dr. Rynbrandt gave Myers the news that no one wants to hear: he had colon cancer.

Shortly after his surgery, Myers was introduced to Lisa Galloway, DO, Oncologist/Hematologist. "She came into my room, and we just talked," he says. "She actually cared, and our initial meeting went a long way in setting the stage for a great relationship." In fact, when Myers asked her if he should get a second opinion, it was Dr. Galloway's confidence and willingness for him to speak to another doctor that made Myers decide to forego another opinion. And, as if battling cancer isn't enough, his surgery also revealed a liver tumor (later found to be benign), which would be treated with antibiotics. Myers spent nearly a week in the hospital and gives high marks to everyone involved. "Across the board, my treatment was A++," he says. "The nurses were absolutely delightful, and everyone was so caring, efficient, and willing to help."

Following his discharge, VitalCare Home Health services, an affiliate of McLaren Northern Michigan, stepped in to give Myers the at-home support and supplies that he needed. His antibiotics were administered through an IV; a VitalCare nurse

showed him how to dispense the drugs and how to change the antibiotic bags. His ostomy bag was another experience altogether. "Having an ileostomy is a degrading experience," Myers says. "It's pretty rough, but VitalCare was very helpful."

To treat his cancer, Myers began chemotherapy following his antibiotic series and visited the Infusion Center in Petoskey every two weeks. His chemotherapy continued at home for the following three days through a pump system, after which Myers returned to the Infusion Center for a follow-up injection. "Patients have better recovery rates when they can receive services in the home, and VitalCare Home Health services help to provide a needed link," explains Dr. Galloway.

Today, Douglas Myers says he feels fine other than being tired, and he has the right attitude for a cancer patient. "I've led a charmed life," he says, referring to his parents and siblings, his wife Emily, his two grown children, and new grandchild. And, he has a great philosophy. "You buy the ticket, you take the ride," he says.

For more information about health care services available through McLaren Northern Michigan, visit northernhealth.org or call (800) 248-6777.

WE ARE QUALITY

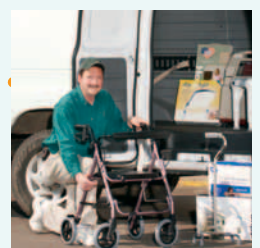
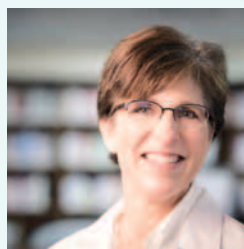
ONCOLOGY SERVICES

➤ Lisa Galloway, DO
Oncologist/Hematologist



➤ Chemotherapy


Stereotactic Radiosurgery (SRS) ➤



VitalCare

McLAREN NORTHERN MICHIGAN

- In-home Ileostomy Training and Education
- In-home Medical Equipment Delivery
- In-home IV Antibiotics, Chemotherapy Support, and Supplies



Neurosciences: SPECIALTY MEDICINE

Neurology is the science of the nervous system and the conditions and diseases that affect it. Neurologists specialize in treating disorders that occur in the brain and nervous system such as stroke; injuries of the brain or spinal cord; tumors of the brain or spine;

migraine headaches; neurodevelopmental disorders; and degenerative diseases including Parkinson's, multiple sclerosis, and Alzheimer's. Neurosurgeons use a variety of surgical therapies from minimally invasive to traditional open surgery to treat neurological conditions.



McLAREN NORTHERN MICHIGAN NEUROLOGIST LEADS STATE EFFORTS IN NATIONAL INITIATIVE

Neurologist Robert Levy, MD, a leader in neurology at McLaren Northern Michigan, has been named the clinical consultant for stage two of the MOSAIC project (Michigan's Ongoing Stroke Registry to Accelerate Improvement of Care), part of a national initiative supported by the CDC (Centers for Disease Control and Prevention). The MOSAIC project is tasked with enhancing stroke care throughout the continuum by expanding upon previously established in-hospital registries to include post-discharge data. This information will be used to expand community outreach and stroke education and improve access to services for patients in the post-discharge period; however the main goal is to reduce the time from onset of stroke symptoms to hospital admission and treatment.

"We have a powerful drug known as TPA (tissue plasminogen activator) which is very effective," says Dr. Levy, "but stroke patients

must begin treatment within the optimal 3- to 4.5-hour window of time." Statistically, less than five percent of stroke patients in the United States get to the hospital within the necessary timeframe. "Ideally, we will educate the population to understand the signs of stroke and the importance of calling 9-1-1. Emergency Medical Service (EMS) responders will verify the onset of stroke and begin the preadmission process even before the patient arrives at the Emergency Department to receive TPA."

Additionally, the MOSAIC project will follow patients post-discharge to monitor and improve recovery success rates through appropriate interventions such as education, lifestyle changes, and proper use of medications. "Successful treatment for stroke involves everyone: patient, family, EMS workers, hospital physicians and staff, and post-discharge clinicians, therapists, and social workers," Dr. Levy says, "but it must start with recognizing the signs."

iPAD® TECHNOLOGY BECOMES Exciting Therapeutic Tool

Mclaren Northern Michigan has added an iPad® therapy program to facilitate stroke recovery for those with aphasia (stroke-induced deficiencies in speaking, listening, reading, and writing without affecting intelligence). “The iPad is a new and exciting platform to improve the symptoms of aphasia with the added ability to track progress through scoring and graduated difficulty levels,” says Speech-Language Pathologist Kathryn LaVoie, MA, CCC-SLP. “Inpatient progress increased immediately when the iPad® was used in therapy, and when we saw that, we knew we had to use the program at home as well,” she adds.

McLaren Northern Michigan is one of only two hospitals chosen to spearhead the Transition of Care (TOC) project, a part of the larger MOSAIC initiative; (see story on facing page). TOC identifies progress of the stroke patient in the hospital and at home, and identifies improvements needed in the hospital-to-home transition. Thanks to a McLaren Northern Michigan Foundation donation by Howard and Letty Hulsman, the purchase of ten iPads in support of this program was made possible.

Cheboygan resident Tom Turi suffered a stroke on May 1, 2015, and was the first to use the iPad at home to continue therapy following his three-week hospital stay. “He took to it right away,” says his wife Donna. “He could go at his own pace without any pressure, and he was motivated to complete new levels of each app. We are so thankful for the care and support we received from McLaren Northern Michigan and our hometown.”

Stroke Signs and Symptoms

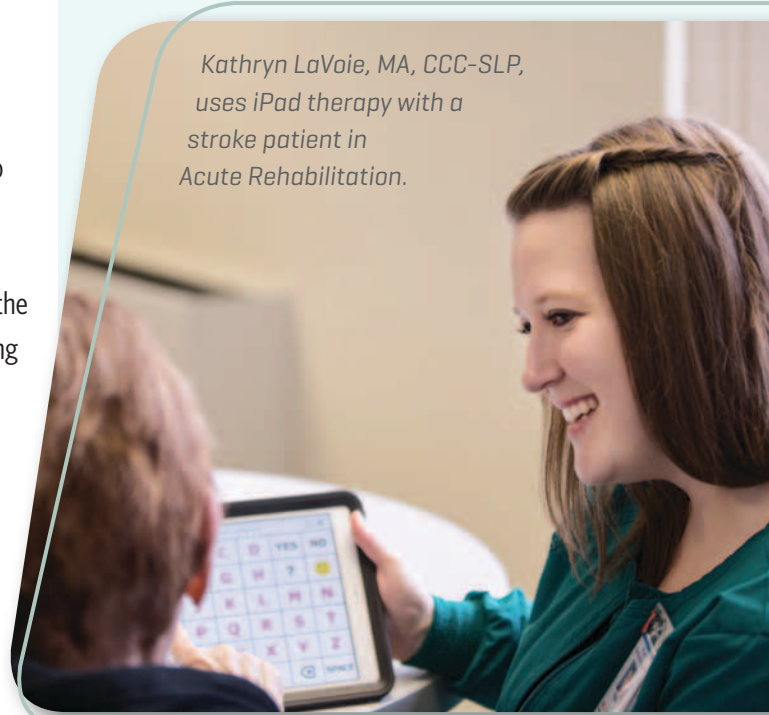
- Sudden weakness on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing
- Sudden trouble walking or loss of balance
- Sudden severe headache with no known cause

The FAST test

- **FACE:** Does the face look uneven? Ask them to smile.
- **ARMS:** Does one arm drift down? Ask them to raise both arms.
- **SPEECH:** Does speech sound strange? Ask them to repeat a phrase.
- **TIME:** Every second, brain cells die. Call 9-1-1 at any sign of stroke.

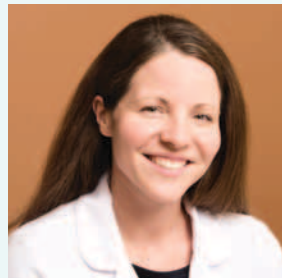
SOURCE: www.michigan.gov/cvh

*Kathryn LaVoie, MA, CCC-SLP,
uses iPad therapy with a
stroke patient in
Acute Rehabilitation.*



MEET DR. KURSHUK

Welcoming the
Newest Neurosciences
Team Member



McLaren Northern Michigan is pleased to announce that Shafer Z. Kurshuk, MD, has joined the medical staff in Petoskey. Dr. Kurshuk completed her medical degree and her residency in adult neurology at Indiana University School of Medicine. She has a special interest in headache medicine and in the multidisciplinary approach to the management of neurological diseases. “Neurology is a unique and quickly advancing field of medicine, and I appreciate the opportunity to work with exceptional colleagues at McLaren Northern Michigan,” she says. “I’m excited to be a part of the McLaren Northern Michigan team.” Her passion for helping patients who experience migraine headaches has inspired the creation of a Headache Clinic to be announced sometime in 2016.

*Dr. Kurshuk lives in Petoskey with her husband Alex,
an orthodontist, their two-year-old daughter,
and their rescue dog, Roxie.*



Celebrating NURSING EXCELLENCE

RECOGNIZED
AMONG
TOP 7%
NATIONALLY
FOR
NURSING
EXCELLENCE

The pursuit of excellence in health care has always guided and motivated nursing colleagues of McLaren Northern Michigan. This diligence and long-term commitment has been validated with Magnet® re-designation for nursing excellence, the highest honor an organization can receive for nursing. In fact, only 7 percent of medical facilities throughout the country meet the criteria.

Magnet® is not just a quality measure, but a culture supported by the entire organization. Nurses seek a Magnet-designated environment because they understand that they will be supported in their professional practice, heard and respected for their input, and employed by an organization devoted to extraordinary innovation and peak nursing performance.

“At McLaren Northern Michigan, nurses are empowered in their daily practice and in operational decision making,” says President and CEO David Zechman.



Home Medical Equipment



Hiland Cottage



Hospice House

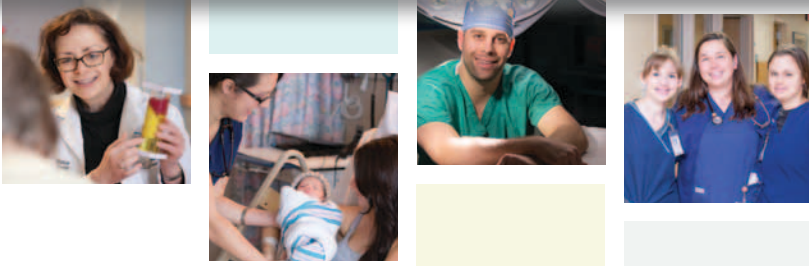
BRINGING CARE INTO THE HOME

VitalCare of McLaren Northern Michigan provides in-home clinical and support services for those who are living with a chronic condition such as diabetes, COPD, or heart disease, those transitioning from the hospital following illness, stroke or surgery, and those requiring end-of-life transitional and hospice care. “Surgical recovery and several medical conditions can be managed without a hospital stay,” says Brent LaFaive, MSN, MHA, RN, CWON, Director of Home Health and Specialty Services for VitalCare, “and there is significant data showing that outcomes improve when patients can stay in their own homes.” VitalCare services begin with a physician’s referral, a personalized assessment, and an individualized treatment plan based on the patient’s medical history. The VitalCare team —

registered nurses, therapists, certified home care aides — works together to promote health and wellness for recuperating patients and to improve quality of life for clients who are at-risk for repeated hospitalizations.

Home and private duty care bring safety and comfort to those who need assistance. Infusion therapy, diabetes education, wound and ostomy care, disease management, and medication education are all part of the VitalCare offerings. Patients requiring physical, occupational, or speech therapies regain strength and life skills in the home. Additionally, VitalCare aides perform personal care, light housekeeping, and other routine daily needs. “Our task is to provide safety, comfort, and medical support to clients who need assistance,” adds LaFaive.

WE ARE QUALITY



Nurses are encouraged to be lifelong learners through certifications and formal education. Most importantly, nursing quality and safety is always evaluated, creating the best health care environment for patients and the community.

"Magnet® is a daily reminder of who we are and what we do. It is a reminder to do our best always, for our patients, ourselves, and each other," says Jennifer Woods, MSN, RN, CENP, Vice President of Nursing and Chief Nursing Officer.

The Magnet Recognition Program®, developed by the American Nurses Credentialing Center®, recognizes health care organizations that provide nursing excellence, quality patient care, and innovations in professional nursing practice.



SAVING LIVES EVERY DAY: Cheboygan Campus Emergency Department

McLaren Northern Michigan–Cheboygan Campus emergency department continues to solidify its importance to residents who live throughout Cheboygan County and surrounding communities. With a fully staffed team of professionals and specialists, Emergency Department (ED) patients are treated and then discharged to their homes, unless advanced care is needed. In the case of serious interventions and more sophisticated diagnostics, Cheboygan colleagues stabilize the patient and facilitate a smooth transition to McLaren Northern Michigan in Petoskey via EMS. "Thanks to our Cheboygan Campus, vital patient information and treatment recommendations are established before the patient arrives in Petoskey," says Shari Schult, BSN, RN, McLaren Northern Michigan Director of Operations. Patients then return to Cheboygan Campus for rehabilitation and follow-up care as needed. "This is the continuum of care at work," adds Schult.

9,887 PATIENTS

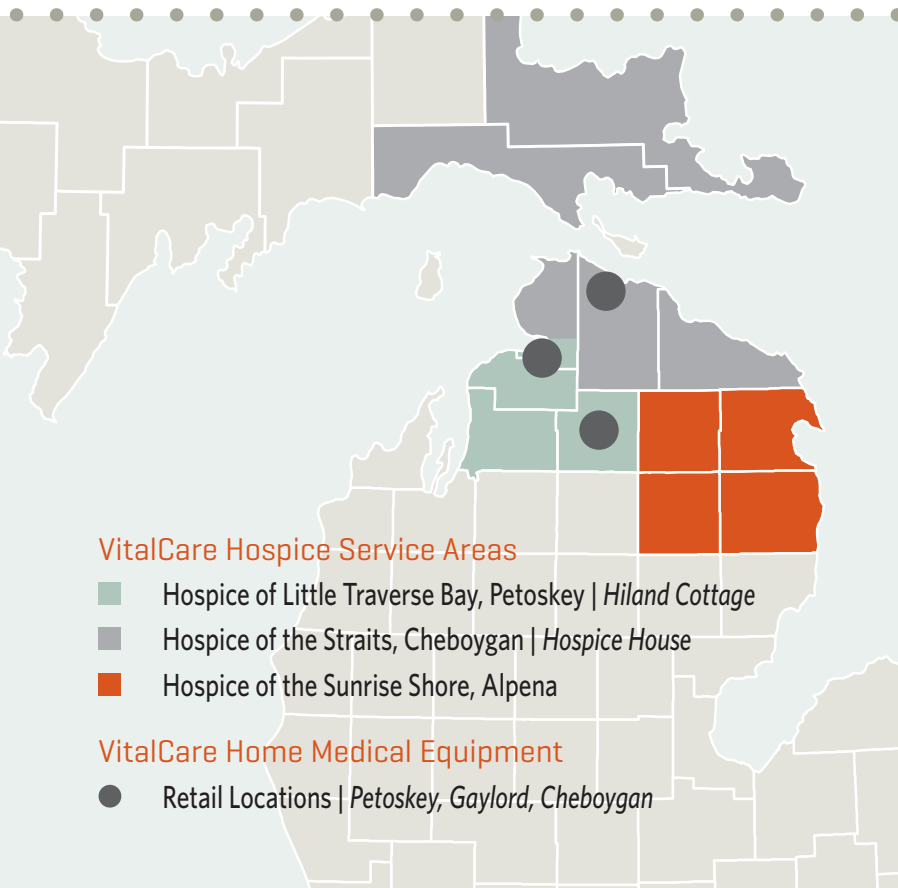
visited Cheboygan ED in the last 12 months,
AN 8% INCREASE from 2014

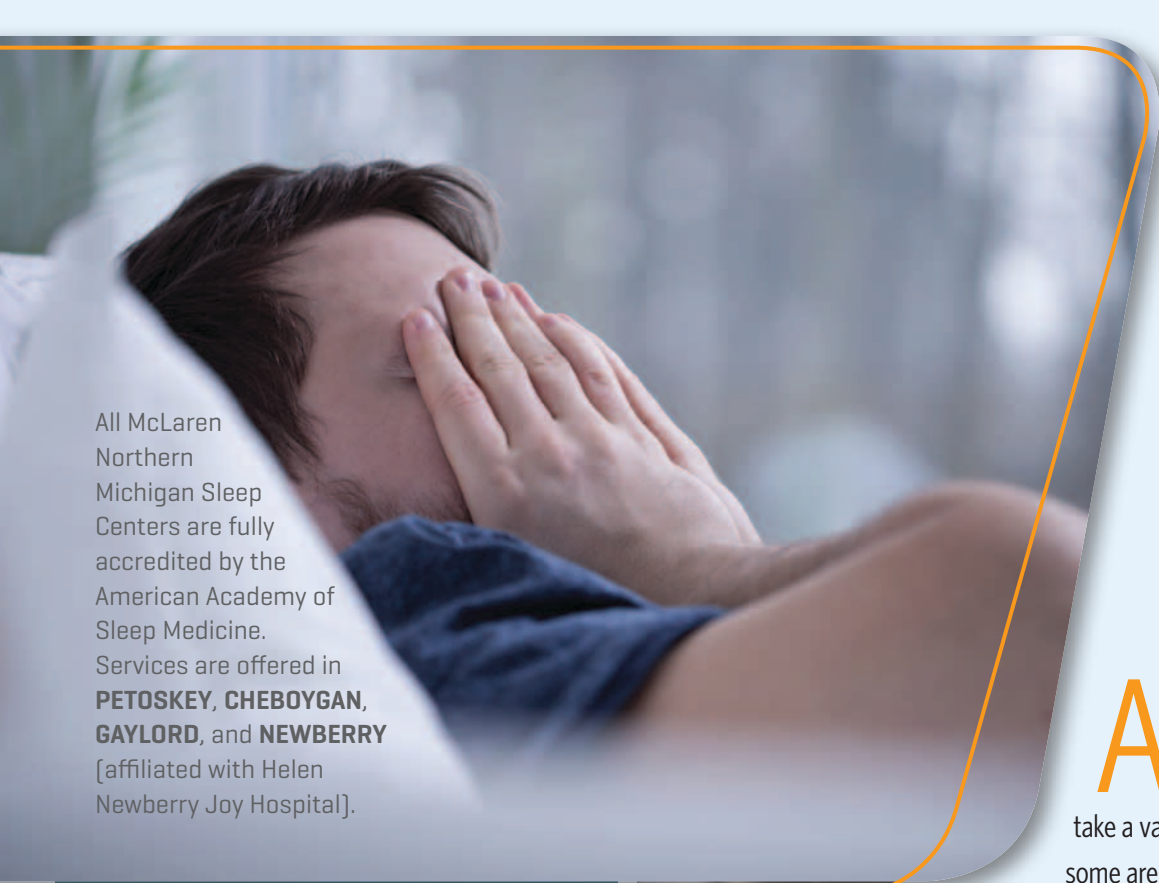
9,172

PATIENTS FULLY TREATED IN
CHEBOYGAN BEFORE DISCHARGE

LESS THAN 8%

Transferred to Petoskey for Specialty Care





All McLaren Northern Michigan Sleep Centers are fully accredited by the American Academy of Sleep Medicine. Services are offered in **PETOSKEY, CHEBOYGAN, GAYLORD, and NEWBERRY** [affiliated with Helen Newberry Joy Hospital].

How Did You Sleep?

Asking that question is a common courtesy, but too often, the answer is not a good one. Sleep disorders take a variety of forms; all are frustrating, but some are clearly dangerous.

And ironically, the last one to recognize issues like sleep apnea is often the one who suffers from it. The noisy condition happens during sleep, and it often takes some convincing from irritated loved ones to get the patient to seek medical help. For one patient who didn't believe that he snored — and actually quit breathing — his daughter-in-law's tape recorder managed to convince him otherwise.



The Sleep Centers of McLaren Northern Michigan offer diagnosis and treatment of all sleep disorders with a fully trained team of medical professionals and state-of-the-science technology. For many, an initial interview, at-home tests, and an overnight stay in one of four home-like clinics may be the beginning of a good night's sleep.

NOT JUST FOR GROWN-UPS

The National Sleep Foundation recommends that children ages 5 to 12 get between 9 and 11 hours of sleep per night. "Diagnosing sleep disorders can be critical for young children ages 3 to 6 because those are such formative years," says Jeffrey Washington, MD, Board-certified Sleep Specialist and Pulmonologist at McLaren Northern Michigan Sleep Centers (pictured above). Children with sleep disorders might exhibit night terrors, sleepwalking, snoring, bedwetting, difficulty awakening, or attention deficit and hyperactivity issues. If your children are experiencing these symptoms, talk to your primary care provider.

LEARN MORE

Contact The Sleep Center at 866.7SLEEP2 (866.775.3372).

Take a SLEEP QUIZ

- Do you **SNORE** loudly?
(louder than talking or loud enough to be heard through closed doors)
- Do you often feel **TIRED**, fatigued, or sleepy during the day?
- Has anyone **OBSERVED** that you stop breathing during your sleep?
- Do you have or are you being treated for **HIGH BLOOD PRESSURE**?
- Is your **Body Mass Index (BMI)** greater than 35?
- Are you over **AGE 50**?
- Is your **NECK** circumference greater than 40 cm?
- **GENDER**, male?

Risk of Obstructive Sleep Apnea

- **HIGH RISK** — "yes" to 3 or more questions
Talk to your health care provider about scheduling a sleep study.
- **LOW RISK** — "yes" to less than 3 questions

McLaren Northern Michigan Physical Therapist Christina Calcaterra, MPT, works with a patient in the Ben and Carolyn Benjamin Aquatic Rehabilitation Area at the John and Marnie Demmer Wellness Pavilion and Dialysis Center.



WE ARE QUALITY

ALOFT OR AFLOAT: Two Options for Partial-weight Bearing Rehabilitation

Rehabilitation can sometimes be long, difficult, and spirit-depleting, but two rehabilitation techniques offered through McLaren Northern Michigan are changing rehabilitation for the better. One — using space-age anti-gravity, a NASA specialty — is considered the gold standard in rehabilitation and physical training. The other, tried and true water therapy, gets optimal results from physical therapists working in a state-of-the-art pool at the John and Marnie Demmer Wellness Pavilion and Dialysis Center. Both are ideal for patients who have experienced a stroke, serious injury, or surgery affecting mobility.



WALKING ON AIR

Rehabilitation is easier and much more comfortable with the AlterG Anti-Gravity Treadmill, a NASA technology that uses air pressure to reduce up to 80% of lower body weight for those whose rehabilitation includes walking. AlterG is highly effective for recovery from joint replacement surgery, sport injuries, gait training for neurological disorders, strength conditioning for older

patients, and weight reduction and control. “We see rapid, and sometimes immediate results from this technology,” says Bill Salfia, DPT, Physical Therapist at McLaren Northern Michigan.

IN THE WATER

Aquatic therapy is a proven low-impact method for strengthening, conditioning, and rehabilitation. It benefits patients with arthritis, back pain, orthopedic disorders, brain trauma, and other injuries. “The pool environment allows us to progress exercises for strength and range of motion in a gentle, more comfortable manner,” says Physical Therapist Christina Calcaterra, MPT. “After a therapy series, we offer aquatic classes and open swim sessions, so patients can continue to recover and achieve their overall wellness goals.”

FEBRUARY IS

Heart Month

While the choices you make about your health may be yours alone, the impact of those choices can be felt by your entire family.

Choose wisely. Protect your heart. Remember, there is no substitute for you.

Visit northernhealth.org/heart for a list of FREE community events and presentations offered throughout the month of February.



HEART HEALTHY Grocery Store Events

All stores are Family Fare unless otherwise noted.

Wednesday, February 3 — **GAYLORD**

10:30 - 11:30 a.m. | 3 - 6 p.m.

Thursday, February 4 — **CHARLEVOIX**

2 - 3 p.m. | 3 - 6 p.m.

Friday, February 5 — **ROGERS CITY**

3 - 6 p.m.

Tuesday, February 9 — **CHEBOYGAN**

11 a.m. - 12 p.m. | 3 - 6 p.m.

Wednesday, February 10 — **INDIAN RIVER**

3 - 6 p.m. (Ken's Market)

Friday, February 12 — **PETOSKEY**

3 - 4 p.m. | 3 - 6 p.m. (D&W Fresh Market)

Tuesday, February 16 — **SAULT STE. MARIE**

12 - 3 p.m. (Soo SuperValu Foods)

3 - 6 p.m. (Family Fare)

Thursday, February 18 — **BOYNE CITY**

2 - 3 p.m. | 3 - 6 p.m.

LEGEND

Shopping Healthy Tour

FREE Reusable Grocery Shopping Bags and Heart Healthy Tips Distribution



Worksite Wellness CONVENIENT, EFFICIENT, SMART



Employee wellness programs produce tangible and intangible benefits, such as reduced health care costs, decreased lost work time, improved morale, better productivity, and sense of belonging. And these benefits translate into cost savings for companies. Screenings may help identify a health problem before symptoms occur. Education can alert individuals of a risk factor in time to seek medical attention.

McLaren Northern Michigan is an approved wellness provider of the Michigan Healthy Work Environments Platform launched by the Michigan Department of Community Health to help businesses promote healthier work environments.

ARE YOU A BUSINESS OWNER?
Call (231) 487-4183 to learn more about scheduling a Worksite Wellness session for your employees.



NORTHERN MICHIGAN

(800) 248-6777 | northernhealth.org